

# Core Four

## Web-based Power Sessions



# We have completed the Core Four program; now what?

- Review what you have learned
  - Four key components of weight management: behavior modification, fitness, nutrition and relaxation
  - Review your notes and journal



# We have completed the Core Four program; now what?

- Apply the principles of the program to your life
  - Review the Stages of Change periodically
  - Develop your personal fitness and nutrition plans
  - Schedule relaxation time; practice it.



# We have completed the Core Four program; now what?

- Tune in to the Power Sessions for reinforcement
  - The web-based power sessions are designed to keep you “on track”
  - Use the weekly power sessions to help you maintain progress, or work your way out of a plateau



# We have completed the Core Four program; now what?

- Contact the Wellness Center as needed
  - We are always just a phone call or email away...contact us for questions, follow up, support – we are here to help you succeed!

- 430-4073
- 430-4658
- 430-7322



# We have completed the Core Four program; now what?

- Keep follow up appointments
  - Following your initial appointment, we'll need to do 6 week and 20 week assessments. You will be contacted for the assessments.



# You have the power to

- Make choices in your behavior
- Set and achieve SMART goals
- Make exercise a part of your life
- Choose healthy food options
- Relax and renew
- Attain and maintain a healthy weight



# Stay tuned for next week

- Resiliency check – what have you said to yourself lately?
  - Secrets to staying positive while achieving a healthy weight goal



**Proceed to next module**